

Congress of the United States
House of Representatives
Washington, DC 20515-0508

Dear Applicant,

Thank you for contacting me regarding an appointment to the United States service academies. I appreciate hearing from you at this important point in your life.

I consider making nominations to the service academies one of my most privileged responsibilities as a Member of Congress.

The high quality of education provided by each of the academies is one of the most prestigious available anywhere in the world. The academic, physical, and character requirements are stringent.

I am sending you information about the academies, as well as a preliminary application form that needs to be filled out and returned to my office by December 4th of the year prior to the year you are seeking to begin at an academy. You also need to contact through their respective websites the academies you are interested in attending. These websites are:

- West Point – www.usma.edu
- U.S. Naval Academy – www.usna.edu
- U.S. Air Force Academy – www.usafa.af.mil
- U.S. Merchant Marine Academy – www.usmma.edu
- U.S. Coast Guard Academy – www.cga.edu

Each U.S. Representative and Senator may have five cadets from their district at each of the academies at any one time. The number of vacancies is then determined by the number of cadets who either graduate or leave the academies each year.

The Merchant Marine Academy appointments are made by the Academy itself, based on statewide nominations from Congress.

Appointments to the Coast Guard Academy are made through the nationwide competition. Students who are interested in an appointment should contact the Academy directly at the website listed since this Academy does not participate in the Congressional nomination system.

In addition to the preliminary application form I will use in the selection process, you will also need to mail seven additional items to be postmarked no later than December 4th of the year prior to the year you intend to start at an academy.

1. Preliminary Application Form
2. Three (3) letters of recommendation (Letters can't be written by family/ relatives)

3. An official transcript of high school grades and any college credit received
4. A copy of all SAT and/or ACT scores
5. A recent photograph
6. A typed, double-spaced 250 word essay based on the theme, "Why I want to Attend a U.S. Service Academy"
7. Academic and Extracurricular Qualifications form (extracurricular resume can be submitted)

Students who are interested in an appointment should contact the Academy they wish to attend directly. You will not be considered for a nomination from our office unless you have filed an application to the Academy/s that you wish to be considered for nomination and appointment.

If you have further questions, please call Jan Leja at my Yucaipa district office at (909)-797-4900. I look forward to hearing from you in the near future.

Sincerely,



Col. Paul Cook (Ret.)

Member of Congress

Eighth District of California

Preliminary Application for United States Military Service Academy Nomination

Please type or print:

Applicant's Name _____ Year of high school graduation _____

It is my desire to attend the: __ United States Air Force Academy; __ United States Military Academy (West Point); __ United States Naval Academy (Annapolis); __ United States Merchant Marine Academy (Rank in order with 1 being 1st preference)

Full Legal Name: _____

Legal Address of Residency: _____

Home telephone: _____ Other/Cell Phone #: _____

Mailing Address if different from above: _____

United States Citizen: Yes__ No__

Social Security Number: _____ Date of Birth: _____

Place of Birth: _____

Height: _____ Weight: _____

Father/Guardian's Name: _____ Occupation: _____

Mother/Guardian's Name: _____ Occupation: _____

Has either parent served or currently served in the United States Military: Yes__ No__

Hometown Newspaper: _____

Name of High School: _____

Address of School: _____

GPA: _____ Current Class Rank: _____

SAT Score: Verbal____ Math____; Will you be taking the test again? Yes__ No__

ACT Score: Composite____ Math____ Verbal____ Reading____ Science____

Have you previously sought a nomination through U.S. Congress/Senator/Vice President/President: ____
When: _____ Results: _____

Are you also seeking a nomination through U.S. Senate/Vice President/President? Please identify:

Applicant Name: _____

If you are employed or have been employed during school or beyond, who is your employer?:

Current Position: _____

How many hours per week do you work? After School: _____ In the summer: _____

Any other comments you might have about your work experience while in high school:

Nominating Procedure

- Qualified applicants will be contacted and asked to attend an interview in December of 2015 with a committee chosen by Congressman Cook
- Nomination will be announced by December 31, 2015
- You must be at least 17 but not yet 23 years old on July 1st of the year you want to enter. You may not be married or pregnant or have any dependents.
- You must pass a physical aptitude test and be medically qualified.
- You must be of excellent moral character.
- Students who receive appointments offers are active at school and in their community, and hold some leadership roles in sports and other extracurricular activities.
- A congressional nomination does not guarantee acceptance into a service academy, however, all applicants must obtain a nomination from an official source to be considered for an appointment to an academy.

I have read the information explaining the nominating procedure and I am familiar with Congressman Cook's requirements as explained therein.

I certify that the California 8th Congressional District is my legal domicile. I also certify that I have read, understand and meet all of the Service Academy Requirements and that I am eligible for nomination to a United States Service Academy.

SIGNED: _____ DATE: _____

Return this application to:

Congressman Paul Cook
Attn: Jan Leja
34382 Yucaipa Blvd
Yucaipa, CA 92399

Phone: (909) 797-4900
Email: jan.leja@mail.house.gov

**** Please include a recent photograph**

Applicant Name: _____

ACADEMIC and EXTRACURRICULAR QUALIFICATIONS and ACTIVITIES

(If additional space is needed, feel free to include additional pages or submit a resume)

Please list the activities you participated in and in which grades include clubs, sports and organizations

Also include awards, honors, offices, athletic position, etc.

SCHOOL ACTIVITIES

Academic Distinction:

H.S. Honor Roll 9 10 11 12
National Honor Society 9 10 11 12
Office Held: _____
AP or Honors Classes 9 10 11 12
Academic Awards or Honors 9 10 11 12

Student Government Participation

Student Council 9 10 11 12
Office held: _____
Class President 9 10 11 12
Class Officer 9 10 11 12

Awards or Honors 9 10 11 12

Member of Clubs or School Organizations

JROTC 9 10 11 12
Highest Level of Leadership held _____
Awards or Honors: _____

Choir 9 10 11 12
Special Choir 9 10 11 12
Band 9 10 11 12
Special Band 9 10 11 12
Drama 9 10 11 12
Speech and Debate 9 10 11 12
Speech & Debate Team 9 10 11 12
Match Wits Team 9 10 11 12
Peer Tutoring 9 10 11 12
Peer Counseling 9 10 11 12
School Clubs (French Club, Key Club, etc.) 9 10 11 12

Office Held: _____

Office Held: _____

Office Held: _____

Office Held: _____

Office Held: _____

SCHOOL ACTIVITIES Cont.

Other Awards and/or Honors

High School Varsity Level Athletics

Sport	Captain	Year Involved
_____	_____	9 10 11 12
_____	_____	9 10 11 12
_____	_____	9 10 11 12
_____	_____	9 10 11 12
_____	_____	9 10 11 12

Faith Based Activities

Service Clubs

Awards or Honors _____

Volunteer Work

Non-Profit Organizations

Scouting

Awards and/or Honors _____

Non-SCHOOL SPORTING ACTIVITIES

_____	9 10 11 12
_____	9 10 11 12
_____	9 10 11 12
_____	9 10 11 12
_____	9 10 11 12

Recommendation Letter Request Form

Name of Applicant: _____

Person Writing Recommendation: _____

Telephone Number: _____ Email Address: _____

Relationship to Applicant: _____ How long have you know the applicant? _____

Title: _____

Signature: _____

Date: _____

Applicant's Personal Performance Area

Please check the box that best represents the applicant as compared to his/her fellow students, and/or work associates. Knowing that no student is all 1% or all 50% please score the applicant, to the best of your knowledge, in comparison with his or her peers. For example, under the category, "Ability to work under pressure", a student may perform excellently in this category as compared to his/her peers and is therefore ranked as 1%. If a student is an average performer in this category, they rank in the bottom 50% column.

Please Circle One

Ability to work under pressure	1%	5%	10%	25%	50%
Respect for authority	1%	5%	10%	25%	50%
Ability to work with others	1%	5%	10%	25%	50%
Ability to lead others	1%	5%	10%	25%	50%
Integrity	1%	5%	10%	25%	50%
Perseverance	1%	5%	10%	25%	50%
Competitiveness	1%	5%	10%	25%	50%
Ability to adapt to new situations	1%	5%	10%	25%	50%
Ability to finish tasks unsupervised	1%	5%	10%	25%	50%
Ability to take instructions	1%	5%	10%	25%	50%

Please attach a letter commenting on the applicant's integrity, respect for authority, maturity, ability to lead and to work with others, ability to work under pressure, ability to adapt to new situations and ability to finish tasks unsupervised. Please note any circumstances that might enhance or impair the student's performance at an academy. Your comments will be kept confidential.